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ON THE COVER

Another flyover?
by John Soper

AUGUST **2026**

INSIDETHISISSUE

COLUMNS

A.D.O.B.E News..... 4

Live It Well..... 10

Real Estate for You..... 11

In The Kitchen..... 12

Sonoran Desert Landscapes 13

Healing Naturally..... 14

Financial Focus 16

DEPARTMENTS

Local Events 6-8

Out & About Photography.....18

Business Directory.....20

FEATURES

Whats Happening at CAF 8

GC Art Gallery Upcoming Events 9

Your SIEV Board of Directors 2026-2027..... 12

Remeber When Poem..... 14

Natural Restorations Major Milestone 15

Call to Artists..... 17

How Can We Green-Light Transportation Funding..... 17

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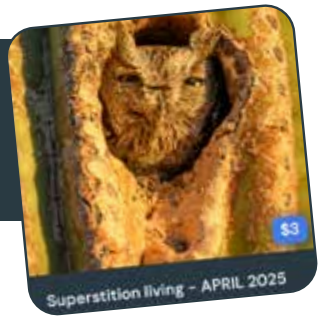

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SUPERSTITIONLIVING

Celebrating the joy of living in the foothills of the majestic Superstition Mountains.

AUGUST 2026 ❯VOL 10 - № 8

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Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400 words, and Calendar events to 100 words. You may submit Articles and Events to editor@mansurdesign.com or at the upload form on SuperstitionLiving.com

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DEADLINES

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A.D.O.B.E. NEWS
GLENNWALP
A.D.O.B.E PRESIDENT

Greetings to All ADOBE Members and Friends

Pinal County Ordinance 2.145.010 reads:
"The uses, locations, types, heights, sizes and illumination of signs are herein regulated in order to protect the attractiveness of the county, to enhance tourism, to promote commerce, to preserve property values, to insulate residential areas from the undue impact of signs, to foster the effectiveness of business signage, to promote traffic and pedestrian safety, and to protect the general welfare."

Pinal County's sign ordinance is comprehensive, spanning Sections 2.145.010 through 2.145.150. While thorough, portions of the ordinance can be difficult to interpret and may appear contradictory. As Gold Canyon continues to grow, signage has become increasingly prevalent, raising questions such as: Which signs are legal? Which are prohibited in certain areas? May signs remain displayed overnight or throughout the weekend? Which signs are exempt from the ordinance? These and similar questions are common among residents and businesses alike.

ADOBE will kick off its 2026–2027 season on October 21, 2026, with a Community Meeting focused on signage. The meeting will explore the Pinal County Sign Ordinance and its impact on Gold Canyon, including what types of signs are permitted, prohibited, or exempt under the ordinance.

The presenter will be Ms. Terri Klucar, ADOBE's Membership Chairperson. Ms. Klucar is a former Pinal County Sign Ordinance Enforcement Officer and currently serves on the Pinal County Planning and Zoning Commission. Whether you have specific questions about signage or simply wish to better understand this complex ordinance, this meeting will provide valuable information.

The January 21, 2027, ADOBE Community Meeting will explore the origins of the ADOBE organization, dating back to 1989, when a group of Gold Canyon residents joined together to work with Pinal County in establishing development standards for the community. Presenters will include former Pinal County Supervisor Ms. Sandie Smith, ADOBE Historian Ms. Dolly Winkleman, and ADOBE Vice President Mr. Rick Hardina. This presentation will provide an informative look at the early history of Gold Canyon and the evolution of ADOBE, which was later designated by community vote as "The Voice of Gold Canyon Since 1989."

ADOBE recently became aware of rumors that a section of Gold Canyon would experience a significant increase in construction traffic related to a new development project. Through the efforts of a concerned local resident, who circulated a well-written email, and with the support of an ADOBE follow-up communication, a prompt response was received from a county official confirming that the anticipated construction traffic would not be routed through the rumored area. This outcome demonstrates that when community members work together and communicate effectively, their voices can make a meaningful difference.

We wish everyone a pleasant August 2026.

Glenn A. Walp, PhD • **ADOBE** – *"The Voice and Heart of Gold Canyon"*
Adobegoldcanyon.org

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President
480-982-2316

Terri Klucar
Membership Chairperson
602-430-1626

Diana Walp
Treasurer
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Lisa Bradford
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LOCALEVENTS

COMMUNITY CALENDAR

Submissions are due 10th of the month prior
editor@mansurdesign.com

Saturdays in August(1, 8, 15, 22 & 29) from 6:30pm-10pm - Game Night @ Dirtwater Springs! | We will be playing board, card and even video games on Saturday nights. Come join us as we "drink" and "gamble" at the RedDragoninn, try to interpret "ghost" visions in Mysterium, battle for land in Small World, and maybe even jump on some mushrooms as Mario and Luigi. Drink specials? Probably! Questions? Call (480) 983-3478! We are located at 586 W Apache Trl, Apache Junction - we would love to see you there!

Thursday, August 6th, from 6-8pm — Paints & Pints! AJ Parks and Rec is teaming up with Cat Wagon Tap and Bottle for Paints & Pints! Each month will have a different theme for its painting, so no two months are the same! Paints & Pints will begin at 6pm, and it should take about two hours to finish. Registration is $40 and open to anyone 16 years or older. Registration covers all painting supplies and a free drink (pint, wine, soda)! Paints & Pints will be held at Cat Wagon Tap and Bottle, located at 2430 W. Apache Trail #4 in Apache Junction. *Space is limited, so make sure to register online at https://www.apachejunctionaz.gov/111/Parks-Recreation* — ***Next event is Thursday, September 3rd!***

Saturday August 8th, from 7:30pm to 9:30pm - AJ Parks & Rec's Dive In Movie - Dolphin Tale | Join us for an evening at Superstition Shadows Aquatic Center and enjoy a Dive In Movie! The August Dive In Movie is "Dolphin Tale"! Bring your beach blanket or lawn chair! Movies are presented by SRP and start at 7:30pm. *Entry fee is $3 per person at the gate. No pre-registration.* All children age 7 and under must be within arms reach of an adult at all times. All flotation devices must be coast guard approved and no glass will be allowed.

In the event of bad weather prior to movie time, this program could possibly be moved to the Multi-Generational Center. For more information on this program or other programs and services, please contact the Parks and Recreation Department at 480-983-2181 or visit our website at apachejunctionaz.gov/parks.

August 14-16th from 8:00 AM to 5:00 PM - First Responders Appreciation Weekend at the Queen Creek Olive Mill | Join us for a special weekend dedicated to honoring the everyday heroes who serve and protect our communities. The Queen Creek Olive Mill proudly welcomes all first responders and their families to enjoy a weekend of great food, beautiful surroundings, and well-deserved appreciation. As a thank-you for your service, first responders and their immediate family members will receive 20% off all food purchases throughout the weekend (excluding alcoholic beverages).

Free Admission & Free Parking. Bring your family, enjoy delicious farm-to-table food, stroll the grove, and spend a memorable weekend with us as we celebrate the men and women who make our communities stronger every day. Thank you for your service. We look forward to welcoming you to the Mill.

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at www.btarboretum.org/event or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

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Friday, August 21st, from 5:30pm - 7:30pm AJParks & Rec Garden Party! | Join us at the MGC for a Garden Party! This is an open-house style event where all ages can come and plant their own flowers and take part in other garden-related crafts and activities! This event is free and registration is not required. MGC is located at 1035 N Idaho Rd, Apache Junction.

Sundays in August(23rd & 30th) Superstition Sundaze - Sunday Market from 11am-2pm | Join us at Superstition Yoga, 185 N. Apache Trail #10 in Apache Junction, for Your New Sunday Ritual | • Local Handmade Goods • Vintage Finds • Jewelry + Accessories • Art + Home Decor • Wellness + Apothecary • Boutique Vendors • Tea, Community + Slow Browsing. Every Sunday brings new vendors, fresh energy, and beautiful little things to discover inside the studio.

Saturday, August 29, from 7:00 PM to 8:30 PM. - The Sonic Rest Experience | Musically Inspired Calm & Silent Concert (Headphones Provided)—Unwind and restore your spirit with an evening of immersive sound healing, ambient synthesized guitar. Join us for a unique, deeply relaxing sonic journey designed to calm the mind and soothe the soul. A silent concert experience, each participant wears wireless headphones. This intimate event takes place at the Live It Well place, 6607 S Kings Ranch Rd, Gold Canyon, Tickets are $18.00 for a single and $25.00 for two. Space is limited to preserve a peaceful experience. Tickets are available through Eventbrite or by visiting shanewilson.org.

AUGUST EVENTS AT AJ PUBLIC LIBRARY

1177 N Idaho Rd, Apache Junction, http://www.ajpl.org/

AZ@Work Job Search Help | AZ@Work will be at the library to support patrons with their job search. From resumes to applications to cover letters. **Mondays**, August 3, 10, 17, 24, 11 a.m. – 1 p.m. | **Tuesdays,** August 4, 11, 18, 25, 10 a.m.-noon.

Monday, August 3, 17, 4 - 6 p.m. - Maker Mondays | Adults are welcome to join us for fun, simple crafts. Relax your mind and free your creativity to begin the week. All supplies provided; no registration required.

Wednesday, August 5, 4-5 p.m. - Cricut Drop-In | Stop by to learn about the Library's Cricut machine, talk about your ideas, or get help with any issues. Drop in anytime between 3-5 on the first Wednesday of every month.

Thursday, August 6, 3-5 p.m. - Cosplay Club! Craft, Connect, Cosplay | Ready to bring your favorite characters to life? Connect with other creators, share tips and tricks, and use our tools and resources to craft amazing costumes. All

CONTINUED ON PAGE 8

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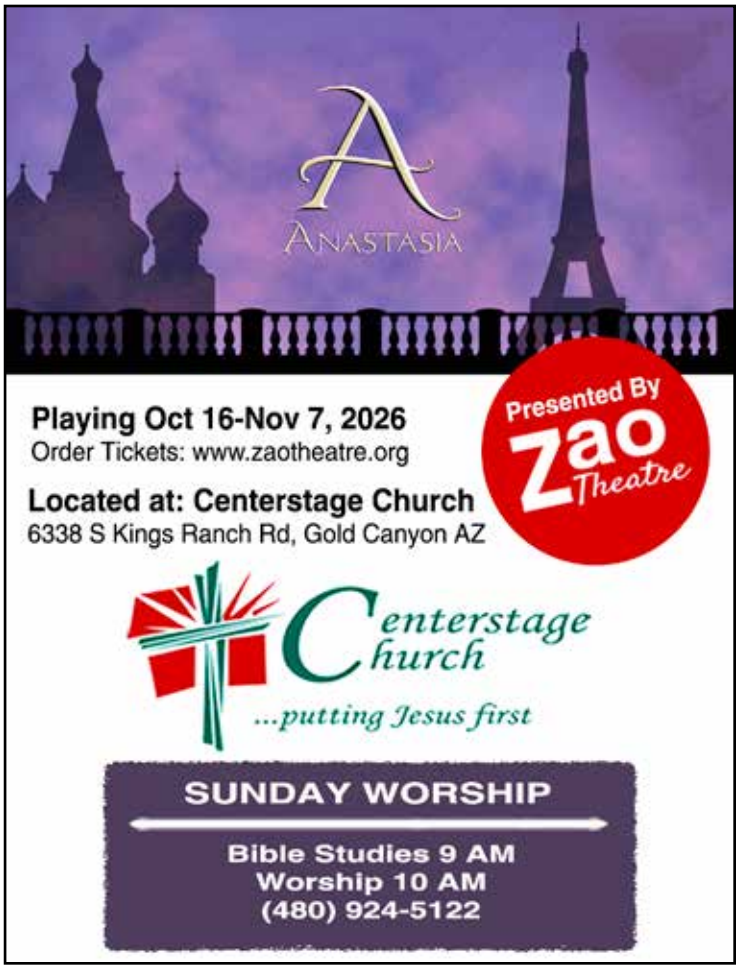

skill levels and ages welcome. Drop in to our Makerspace every 1st Thursday.

Thursday, August 6, 5 - 7 p.m. - Sunflower Clothespin Art | Adults and teens 13+ are welcome to join us to make a fun sunflower wall art craft. We will use clothespins, paint, and even Scrabble tiles to make a fun rustic piece. *Registration Required.*

Monday, August 10, 24, 4:30 – 7:30 p.m. Chess Club | Puzzles, Lessons, and Open Play for all ages and skill levels, with a member of US Team Chess League!

Wednesday, August 12, 4 p.m. - Seed Up Meet Up | Help us fill our seed packets for the seed library, hear from Superstition Master Gardeners, ask questions about your home garden, & learn about Earth Heart Park and Community Garden! *Topic: Growing Native Plants!*

Thursday, August 13, 5-7 p.m. - Hair Braiding Workshop | All ages welcome for a demonstration of hair braiding techniques. Learn how to braid different types of hair for all ages. Including how to braid your own hair!

Tuesday, August 18, 1:30-2:30 p.m. - Dying For A Mystery Book Club– Never Lie by Frieda McFadden

Tuesday, August 18, 6-7 p.m. - No-Wrong-Way Photography Club | Join us monthly at The No-Wrong-Way Photography Club to share tips, critique each other's work, and get inspired. This group is open to photographers of all skill levels. The objective of individual members is to cultivate a personal style and enhance the quality of their photographs to an artistic level. The theme for the following month will also be discussed. *Digital photos can be submitted to photoclub@apachejunctionaz.gov.*

Thursday, August 20, 5-7 p.m. - Family Movie Sing-A-Long | Join the library in singing and dancing to a family friendly movie! Encanto!

Thursday, August 20, 6:30 p.m. - Books & Brews | Join us at the Handlebar Pub & Grill in Apache Junction. Bring a book that fits the monthly genre or any you've enjoyed lately. Delight in discussion and libations on the pub's patio, plus 10% off your bill! Genre: Books to Movies

Friday, August 21, 10 a.m. - Breathe Again: Learning to Live After Loss | Are you grieving a loss? Would you like a safe place to discuss your grief? A chance to meet new people and be with others who understand? Join us for a monthly bereavement group hosted by Barbara King, R.N., Executive Director of Supportive Hands Hospice. Free and open to adults.

Thursday, August 27, 5 - 6 p.m. - B.U.S. Pass | Have you ever wondered how to use a 3D Printer, Cricut, or Poster Printer? Learn Basic Use and Safety (B.U.S.) of all the devices in our Makerspace and become certified to use all stations without supervision. Booking required and limited to 10 participants. For Ages 13+.

The B.U.S. pass will require you to have an Apache Junction Public Library Card.

Thursday, August 27, 5:30 p.m. - Dungeons & Dragons | Players new and experienced can come play this fun 1 shot game!

Monday, August 31, 5 - 7 p.m. - Dungeons & Dragons Miniature Painting | Pick your own miniature and paint it at this fun event for tweens, teens, and adults (ages 10+). We will have all supplies along with tips & tricks for miniature painting. Feel free to bring your own minis to paint!

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School will be back in session before we know it. That signals that we're nearing the end of our annual warbird tour. Visit the website where you can see our bombers are and get more info for events at the CAF Airbase Arizona Flying Museum in August. https://www.azcaf.org

Saturday, Aug. 8th | Family day | Join us at the museum on Saturday, Aug. 8, for Family Day and take advantage of special, reduced family pricing. Children 12 and under can participate in an aviation technology challenge sponsored by the Civil Air Patrol.

Annual Museum Pass | Here's a cool treat to beat the heat: Get year-round, unlimited admission to the CAF Airbase Arizona Flying Museum and access to special exhibits for you and a guest. An annual museum Pass, priced at $100, also includes a 10% discount in the museum gift shop.

Museum Tours | Get a free docent-guided tour of the museum and learn the history behind the exhibits and displays, 11 a.m. and 2 p.m.

Cockpit Tours | Take advantage of one of our most popular hands-on experiences. Cockpit tours are available most days for only $15 more.

Gold Canyon Art Gallery Brings a Full August of Art, Classes, Pop-Ups and Community Events.

Gold Canyon Art Gallery is filling August with new artist, classes, rotating pop-up artists and community events. The gallery will be open Fridays, Saturdays and Sundays throughout the month, with something new to enjoy all summer long.

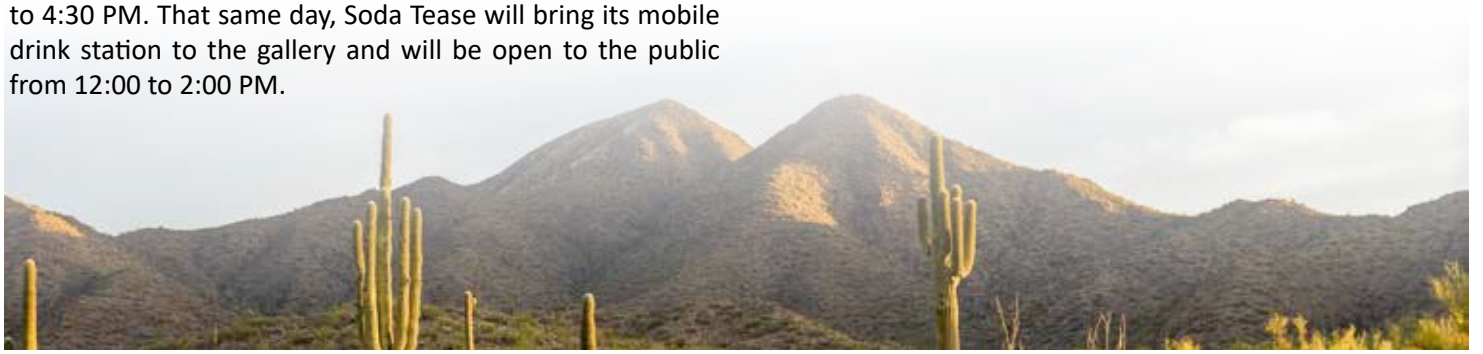
On Saturday, August 8, the gallery will be part of Art & Vino at The Brickyard at Windmill Winery in Florence. This afternoon event will feature six Gold Canyon Art Gallery artists, curated wine and food tastings, and live jazz by Peter Salerno. Tickets available on the gallery or winery websites.

On Sunday, August 9, photographer Joanne West will teach an iPhone Photography Class at the gallery from 2:00 to 4:30 PM. That same day, Soda Tease will bring its mobile drink station to the gallery and will be open to the public from 12:00 to 2:00 PM.

Popular artist, Barbarann Mainzer, will also teach a drawing class in August, limited to just five students for a relaxed, personal learning experience. And artist Jeanne Pacheco always has some type of creative art class going on!

Every Sunday is Coffee & Tea in the Gallery, a casual way to browse art, meet artists and spend time with your neighbors in a welcoming local space. There is often live jazz on Sundays also!

Registration for all classes and events is available through the Gold Canyon Art Gallery website. Follow Gold Canyon Art Gallery on Facebook and Instagram to stay up to date on events, classes, pop-up artists and community happenings.



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STRONG FOR THE LIFE YOU LOVE

When we hear the word strong, we often picture physical strength. But true strength is so much more. It is having the energy, confidence, resilience, and balance to keep living the life you love.

Most of us want the same things: to hike our favorite trails, play with our children or grandchildren, travel, garden, laugh with friends, or simply feel good enough to enjoy each day. Strength is what makes those moments possible. It comes from a healthy body, a resilient mind, and the confidence to embrace the people, places, and experiences that matter most.

One of the greatest gifts we can give ourselves is building both physical and mental strength. Together, they create the foundation for better health, greater resilience, and the freedom to keep saying yes to the life we love.

One of the greatest gifts we can give ourselves is building both physical and mental strength. The two are deeply connected, and together they create the foundation for better health, greater resilience, and a higher quality of life.

Physical strength gives us freedom. Regular movement strengthens our heart, muscles, bones, and joints while improving balance, flexibility, and endurance. Everyday tasks like climbing stairs, carrying groceries, gardening, traveling, or playing with grandchildren become easier. It also lowers the risk of many chronic diseases, improves sleep, boosts energy, and helps us stay independent as we age.

There's an old saying that still rings true: We don't stop moving because we grow older. We grow older because we stop moving. While the quote isn't literally true, it reminds us of something important: our bodies are designed to move. And it is never too late to start.

Mental strength is equally important. Life will always present challenges. Stress, unexpected changes, busy schedules, and difficult seasons are simply part of being human. Mental fitness helps us navigate those moments with greater confidence and resilience.

A healthy mind supports clearer thinking, better decision-making, stronger relationships, and a more positive outlook. It helps us adapt when life doesn't go according to plan and gives us the ability to recover rather than remain stuck.

Mental fitness, like physical fitness, is built one small habit at a time.

The beautiful part is that these two kinds of strength work together.

When we exercise, our bodies release natural chemicals that improve mood, reduce stress, and increase feelings of well-being. Many people notice they leave a workout feeling calmer, more optimistic, and mentally refreshed. Movement truly is one of nature's best mood boosters.

At the same time, a healthy mind makes it easier to maintain healthy routines. When we are sleeping well, managing stress, staying connected to others, and focusing on what matters most, we are much more likely to keep moving, eating well, and taking care of ourselves.

Building strength in mind and body grows from the choices we make every day.

Take a walk. Attend a fitness class. Stretch. Practice yoga. Learn something new. Spend time with people who encourage you. Get enough sleep. Eat nourishing foods. Step outside and enjoy nature. Pause long enough to notice what you are truly grateful for.

These simple habits may seem small on their own, but together they create something powerful, a stronger body, a healthier mind, and a more resilient and fulfilled life.

Perhaps one of the most overlooked forms of strength is community. None of us were meant to do life alone. Encouragement, laughter, accountability, and shared experiences all help us stay motivated. Having people beside us reminds us that we're not alone on the journey. Whether it's exercising together, sharing a conversation after class, or simply offering a smile, those connections strengthen us in ways that extend far beyond physical fitness.

Strength looks different for everyone. For one person, it may be mastering a challenging yoga pose. For another, it may be getting down on the floor to play with grandchildren, recovering from an illness, walking into a fitness class for the first time, or simply believing in themselves again. Every step forward matters.

Strength is what allows us to keep saying "yes" to those moments. Because strength isn't about perfection. It is about creating a body and mind that allows you to fully participate in your own life.

- Every workout.
- Every stretch.
- Every walk.
- Every healthy meal.
- Every good night's sleep.
- Every encouraging conversation.
- They all add up.
- They build resilience.
- They build confidence.
- They build freedom.

And they build the ability to keep saying "yes" to the life you love.

Be strong. Not just for today, but for the life you want to keep living.

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The Overlooked Power of Natural Light When Buying a Home

Natural light can change how a home feels, functions, and even how you use it day to day. Buyers often notice whether a home feels bright during a showing, but they may not fully evaluate how light moves through the space or how much it matters to their lifestyle. Paint, furniture, and décor can be changed. The direction of sunlight is much harder to adjust.

Light Changes the Feel of Space | A bright home often feels larger, warmer, and more inviting. Natural light can make rooms feel more open and can reduce the need for artificial lighting during the day. For people who work from home, care about plants, take photos, enjoy reading, or simply feel better in brighter spaces, light can be a major quality of life factor.

Not All Light Works the Same Way | However, not all natural light is the same. Morning light feels different from afternoon light. South facing exposure may offer consistent brightness in many areas, while west facing rooms can become very warm later in the day. A room that looks bright at 10 a.m. may feel dark by 3 p.m. A home shaded by trees may feel cozy in summer but dim in winter. Nearby buildings, roof overhangs, window size, and interior layout all influence light.

Tour With the Lights Off | When touring a home, pay attention to more than whether the lights are on. In fact, ask yourself how the home feels without artificial lighting. Are there rooms that depend heavily on lamps? Do certain areas feel gloomy? Are the windows placed where you actually spend time? Does the kitchen get enough light? What about the home office, living room, and bedrooms?

Light Affects Comfort and Costs | Natural light also affects energy use and comfort. Strong afternoon sun may increase cooling needs. Limited light may make a home feel colder or require more daytime lighting. Window treatments, insulation, tree coverage, and window quality can all influence the experience.

Know Your Personal Preference | Buyers should also think emotionally. Some people love a soft, shaded home that feels private and calm. Others feel energized by bright rooms and open views. There is no single correct amount of light. The question is whether the home s light pattern fits the way you want to live.

Observe Light Throughout the Day | If possible, visit the home at different times of day or ask about sun exposure. Look at the direction the home faces. Notice where shadows fall. Think about your morning coffee, work calls, family dinners, weekend cleaning, and quiet evenings. Light plays a role in all of those moments.

A home is more than its measurements and finishes. It is an atmosphere. Natural light is one of the quiet details that can make that atmosphere feel right or wrong. Do not overlook it.

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IN THE KITCHEN
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MEATLOAF PATTIES

Ingredients —

BEEF PATTIES

- 2lbs Ground Beef
- 1 Egg, beaten
- ½ c Italian Bread Crumbs
- 1 small onion diced
- 2 Tbsp. Worcestershire Sauce
- ¼ c Ketchup
- 1 Tbsp. Garlic (jarred)
- 1 tsp salt
- 1 tsp pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1 tsp Paprika

Mix all ingredients together and make into 8 patties. Place on a foil lined baking sheet.

GLAZE

- ½ c Ketchup
- ½ c BBQ sauce
- 2 Tbsp Mustard

Mix all together and spread on top of each hamburger pattie.

Instructions —

Bake in a 400 degree oven for 30 minutes. If you like, after 15 minutes flip the patties over and put more glaze on.

Found this recipe on Facebook and tried it out on my family. Everyone loved it! Easy to make and less time to bake compared to a regular meat loaf.

Any questions or comments please contact Marsha at Marsha.Dorris.Realtor@gmail.com

SOROPTIMIST® of the East Valley

Meet Your SIEV 2026-2027 Board

Soroptimist International of the East Valley (SIEV) is proud to introduce our 2026–2027 Board of Directors. This dedicated team of leaders brings experience, commitment, and a shared passion for improving the lives of women and girls through education, empowerment, and community impact.

President – Cheri Mingst-Smith

After serving as Co-President for the past two years, Cheri is now taking the helm as President for the 2026–2027 club year. Her leadership, dedication, and vision will help guide SIEV as we continue creating opportunities and making a meaningful impact in our community.

Secretary – Marcia Chapman

Marcia begins her second year serving as Secretary and plays an essential role in keeping our club organized, connected, and moving forward. Her attention to detail and dedication support strong communication across our club and continue to strengthen the work and success of SIEV.

Treasurer – Ruth Abbott

Ruth brings more than 44 years of Soroptimist service and leadership to the Board. Throughout those years, she has served in both President and Director roles and continues to provide valuable experience, knowledge, and dedication to our mission. As Treasurer, Ruth will oversee the financial stewardship of SIEV, helping ensure our resources continue to support scholarships, programs, and initiatives that make a difference for women and girls.

Director – Teresa McCollom

Teresa has served as President and most recently as Co-President over the past three years. As she transitions into the role of Director, she remains committed to supporting the Board and continuing SIEV's work in public awareness, service, and community impact.

Together, this Board represents both experience and continuity as we move into another year of empowering women and girls through service and action.

Congratulations to our 2026–2027 Board—we look forward to all that this team will accomplish together.

SONORAN DESERT LANDSCAPES

TOM MCDONALD
OWNER - SMILING DOG LANDSCAPES

AN ECOLOGICAL TREASURE

The Ironwood tree is aptly named for its dense and heavy wood; so heavy, in fact, that one cubic foot weighs approximately 63 lbs and immediately sinks when placed in water. Found only in the Sonoran Desert, the Ironwood can reach a height of 45 feet and live up to an astonishing 1,500 years.

Like other legumes, this evergreen tree has the ability to 'fix' nitrogen from the air to improve the soil beneath its canopy, thus making this ancient beauty the perfect 'nurse tree'. Look close! The Ironwood provides a shaded sanctuary for over 230 species of other plants to germinate and thrive, including the giant Saguaro. The micro habitat it creates, in turn, attracts animals like rabbit, big horn sheep, and more who forage in the Ironwood's nursery. Over 150 species of birds also call its thorny boughs and cooling shade home, finding it an attractive nesting place for shelter and sustenance.

Look for the Ironwood to strut its' stuff in May, producing a range of small pink to lavender blossoms that give it an ethereal, almost fairylike quality that defies its name. Ironwood seeds are rich in protein and were purportedly leached and ground by the Native Americans for food, something I've yet to try. Its durable wood was made into small arrow points and bows.

As a landscape plant, the Ironwood is almost bullet proof and can be weaned off water within a few years. One drawback is its slow rate of growth. Unless you have the bucks and location for installing a sizeable tree, patience is required to allow this long lived beauty to reach maturity and size to grace your garden. However, if you are fortunate enough to already co-exist with an Ironwood, I encourage you to take time to enjoy the beauty and bounty of this ecological treasure of the Sonoran Desert.

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WHAT YOU NEED TO KNOW ABOUT INFLAMMATION

Inflammation is a sign of the body's natural response to protect itself from harm. The five cardinal signs of inflammation are pain, heat, redness, swelling, and loss of function.

For instance, if you stub your toe your immune system goes into action: it sends an army of white blood cells to the area to surround and protect the damaged tissue. This surge of blood often results in redness, swelling, and pain in the affected area. A similar response is triggered by infection like flu or pneumonia. This is called *acute* inflammation, and it's an important factor in the body's self-healing process. It's usually fairly short-lived—once the cells have been repaired, the inflammation subsides and things return to normal.

Another type of inflammation is called *chronic*, and it can lead to long-term health problems. In this case, the body's immune system may become dysfunctional. With autoimmune diseases like rheumatoid arthritis, lupus, and Hashimoto's thyroiditis, the immune system can target parts of its own body, destroying healthy tissue and producing unwanted inflammation, causing generalized pain throughout the body.

Gut disorders often are also related to inflammation overload. There are many things that can trigger inflammation that can eventually damage the lining of the intestines, including something call "food sensitivities." This is different from a food allergy in that a specific food doesn't trigger an immediate and drastic response, but over time certain antibodies become sensitized to that food and release immune chemicals that cause inflammation in the body tissues. The resulting symptoms may manifest as skin rash, joint aches and pains, sinusitis, asthma, insomnia, headaches, and digestive disorders producing bloating, gas, and poor food absorption.

RELIEF FROM INFLAMMATION

So what can we do about chronic, runaway inflammation?

In the case of food sensitivities, there are tests that can be used to identify which specific foods may be causing the unwanted immune response. Once identified, these foods can be limited in the diet to minimize inflammation.

There is also evidence that the stress hormone **cortisol** can further activate inflammation and fuel some chronic conditions. Therefore, identifying and minimizing areas of stress in our lives and incorporating anti-stress techniques like meditation, yoga, and exercise can actually reduce chronic pain.

Diet can also play a role. Research shows that foods high in sugar and saturated fat can kindle inflammation, while foods like fish, leafy greens, and olive oil can calm inflammation.

Some supplements can also provide an all-natural health aid, as well. As one example, the scientific evidence seems to make a strong case for **tart cherry** as a potent anti-inflammatory that can be useful for a wide range of conditions. Nutraceutical concentrated tart cherry can be found in several forms, including juice, powder, and capsule form. Various studies have shown promising results in reducing gout attacks and muscle and joint soreness.

The more you recognize the role inflammation plays in your overall health, the better you will be able to take the necessary steps to control it.

REMEMBER WHEN ...

By Marcia Nelson

Summertime meant travel.
And back in the day,
the Mother Road would beckon
from Chicago to LA.

With windows rolled down,
reading signs along the way
of silly rhyming ads
and letter games to play.

The rearview mirror
from my backseat ride
gave a birds-eye view
of the western countryside.

Vast prairies and deserts
long Santa Fe trains
were all heading west
in this new-found terrain.

The National Parks,
what a time to explore
ancient ruins, giant trees
and deep canyon floors!

Now as again you may travel
down life's highway once more
don't forget the fond memories
of Route 66 lore!

and ...
don't forget Winona!
Happy Trails!

NATURAL RESTORATIONS

We're celebrating a major milestone, our Dedicated Restoration Team has removed over 50,000 square feet of graffiti from rocks & boulders across Arizona!

Since 2017, our team has hiked our EcoBlaster portable pressure washer & supplies to remove graffiti through Devils Canyon, down the Mogollon Rim to the Washington Park tunnel, to the top of the Beardsley Boulder Pile, all over Mt. Eldon Loop Trail & caves, down washes like Blue Wash, paddled it down the Lower Salt River, across Saguaro & Canyon Lake, throughout the Florence Kelvin Boulders OHV area & many other OHV areas including Four Peaks, Sugar Loaf, Mesquite Wash, Hewitt Station, Bulldog Canyon, Doce Pit, Hells Canyon Spillway on the Kaibab, Skull Valley, Wedding Point off FR 1173. We've also removed graffiti from Eagle Rock, Granite Dells, Jomax & 143rd Ave, Monument Peak Trailhead, Boulders Loop Trail, Granite Gardens, along the Apache Trail, & Oak Creek Canyon.

We proudly use an EcoBlaster pressure washer & products from World's Best Graffiti Removers!, we've worked with Adam & his team since 2017 & have done amazing work with their system!

We never paint over graffiti, we always remove it so that everyone can enjoy nature in its purest form. We are grateful for the opportunity to make this kind of impact on Arizona's outdoor recreation & wilderness areas!

Thank you to every organization that has awarded us with a graffiti removal grant! Thank you to every Sponsor & individual donor who helps support our Graffiti Removal Program! We've reached this milestone because of your support!

Thank you to the military veterans on our Dedicated Restoration Team who work extremely hard on graffiti removal projects, hauling hundreds of pounds in water & equipment across the state!

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THE HIDDEN DANGER OF INVESTING TOO CAUTIOUSLY

One of the most significant risks investors face isn't losing money in a market dip; it's failing to reach their long-term financial goals.

Many people focus heavily on short-term losses in the stock market and try to protect their savings by investing conservatively or avoiding stocks altogether. But that runs the risk that their savings won't grow enough to keep up with inflation or support future needs.

Understanding what investment risk really means helps you make smarter financial decisions, considering these three key aspects.

Risk tolerance describes your emotional comfort with risk. If you'd want to pull your money out of the market during a downturn, that reveals something about your tolerance. Many financial advisors use questionnaires to help clients understand how they might react in different market conditions.

Risk capacity refers to how much risk you can afford to take. Your timeline matters. A 35-year-old saving for retirement has decades to ride out market swings. A retiree drawing income from their portfolio doesn't have that same cushion.

Required risk describes how much risk you may need to take to reach your financial goals. Higher returns generally come with higher risk, though higher risk does not guarantee higher returns. If you need strong growth to retire comfortably, you may need to accept more short-term volatility.

Sometimes these elements don't line up. You might be uncomfortable with risk but need strong growth to meet your goals.

Balance and diversification matter: Finding the right balance matters more than you might think. A small difference in your annual rate of return, from 5% to 7% for instance, doesn't just add up a little. It multiplies. That's the power of compounding — returns earning their own returns, year after year, building on an ever-growing base. Over 30 or 35 years, that can become significant.

You needn't choose between playing it so safe your money barely keeps up with inflation and taking on more risk than you're comfortable with. Instead, a balanced mix can fit your comfort level and still help grow your money over time.

The age factor: You'll want to adjust your approach to risk as you get older. If retirement is years away, your portfolio may lean toward growth investments like stocks and stock mutual funds; you have time to absorb short-term losses and benefit from long-term gains. Lower risk investments like bonds still play a role because they can help smooth out changes in your portfolio's value.

As you near retirement, your portfolio may shift toward a more even mix of stocks and bonds to limit exposure to large market swings. The goal is to protect what you've built while still generating enough growth to fund a retirement that could last decades.

Investing well isn't about eliminating risk; it's about taking the right amount of it. Too little risk can be just as damaging as too much. A financial advisor can help you find the balance that matches your comfort level, your financial situation and your long-term goals.

Investors should understand the risks involved with owning investments, including interest rate risk, credit risk and market risk. The value of investments fluctuates and investors can lose some or all of their principal.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. — Edward Jones, Member SIPC.

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CALL TO ARTISTS
FOR THE 26TH ANNUAL GC ARTS FESTIVAL

Saturday, January 23, 2027

The Gold Canyon Arts Festival is a 1-day event held on the 4th Saturday of January each year. Many of our participating artists call our Festival the best 1-day show in the state based on turnout and sales. The sponsor of the event is the Gold Canyon Arts Council in co-operation with the Artists of the Superstitions. This year's Festival will again be held on the grounds of the United Methodist Church at 6640 S. King's Ranch Rd. in Gold Canyon, AZ 85118.

This venue offers good parking and drive-by visibility. Typically, 80 – 85 artists are accepted to show their work. Previous year's attendance was about 4,000 during the festival hours of 9 AM to 3 PM. Reserved artist spaces are 10 ft. X 10 ft. (tents are encouraged but not required). Your cost is a $35.00 non-refundable Application fee and if selected by the jury, a $150.00 Artist fee, plus the contribution of a piece of your art to support the Gold Canyon Arts Council's Arts Education programs.

Artist Hospitality volunteers are available to help you find your assigned space and "tent sit" during the day to allow you to take breaks. Restrooms are available inside the church. The festival also features food vendors and musical performances throughout the day.

All artists will be juried into the show. Your submitted work will be juried in one of the following categories: • Painting/ Drawing • Glass art • Photographic art • Wood art • Clay art • Jewelry • Metalwork art • Natural products (e.g., gourds, seeds) • Other

You may submit up to two categories but you may sell your work only in the categories approved by the jury. No brokered/factory produced or imported items are allowed.

Applications will be accepted beginning April 4, 2026 and the deadline is: November 2, 2026. Notification of acceptance will be on or about November 21, 2026. Applications are through the ZAPP website https://www.zapplication.org/event-info.php?ID=14514

Carole Lindemann, Gold Canyon Arts Festival Chair. Carbill5@mchsi.com • 480-296-6502

How Can We Green-Light Transportation Funding?

BY: Jerry Stevenson, President GCCI

If you have lived in Gold Canyon for five years or more, you have undoubtedly witnessed one very notable change: the traffic! Our beautiful little community has been discovered. We have grown both residentially and commercially, and that growth is putting increased pressure on our roadways, most especially our main thoroughfares of Kings Ranch Road, Superstition Mountain Drive, and Peralta Road.

GCCI has been working months and months with ADOT and the State legislature to add a second left turn lane from Hwy 60 to Superstition Mountain Drive. This intersection currently poses a significant safety hazard, and we're finally making progress in resolving it. The detailed design will be completed soon, and the environmental impact study has begun. Construction is expected to start in 2027.

Pinal County's Transportation Improvement and Maintenance Plan (TIMP) slated Kings Ranch Rd for a $1.8 million improvement upgrade in their 2025-26 budget. That didn't happen. What has happened in the meantime is the significant traffic impact on Kings Ranch due to:

- Opening Peralta Canyon neighborhood access to Kings Ranch Rd via Sleepy Hollow Dr
- The opening of the Maverik gas station adding both volume and safety issues
- The Estates at Kings Ranch residential development adding 62 new homes
- Additional new homes under construction all the way to Cloudview Ave.

Peralta Road improvements were also included in the 2025-26 plan to no avail. The new 2026-2030 TIMP now wants to delay Kings Ranch and Peralta upgrades for another five years. More details at https://www.pinal.gov/1394/Draft-TIMP-Plan.

What's causing the upgrade delays is explosive growth throughout the County forcing new transportation needs, which in turn are forcing difficult funding decisions within the allotted budget.

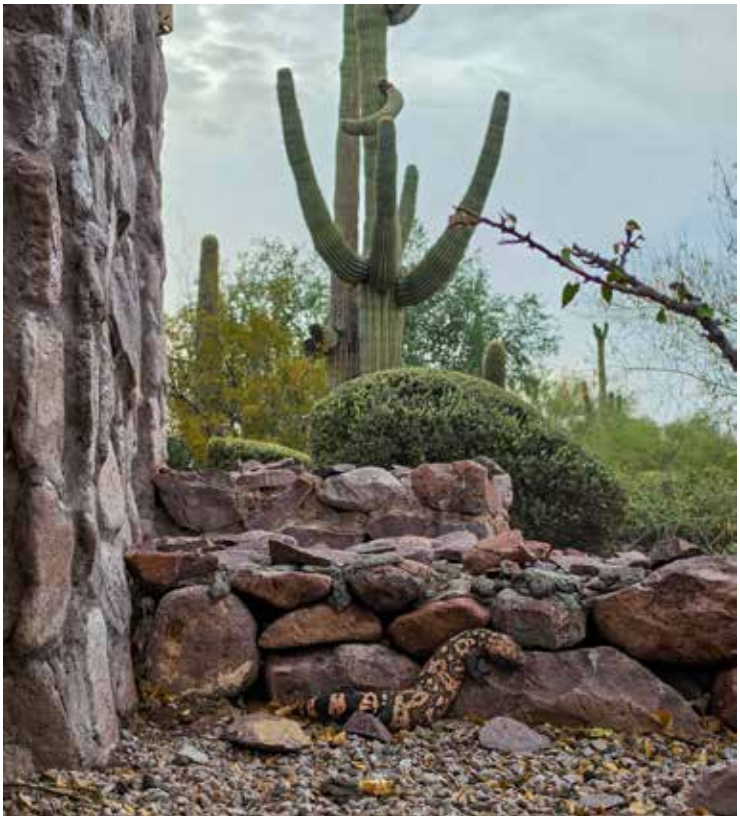
How does a small, unincorporated community in a county with the size of Connecticut compete for transportation funds? There is a way. We don't have an official governing voice of our own. But we do have your voice, my voice, and all our neighbors' voices. Together we can forge a powerful public campaign to avoid further delays and bring our transportation needs to the attention of our County Supervisors, Public Works staff, and the TIMP Advisory Committee. Please communicate with the influencers listed below. Maintaining the health and safety of our community is up to us.

- Supervisor: Jeff Serdy, 480.982.0659, jeff.serdy@pinal.gov
- ADOT Project Manager: Madison Cole, mcole2@azdot.gov
- Senior Pinal Transportation Planner: Nina Arrendondo, nina.arrendondo@pinal.gov
- Pinal Clerk of The Board: Natasha Kennedy natasha.kennedy@pinal.gov

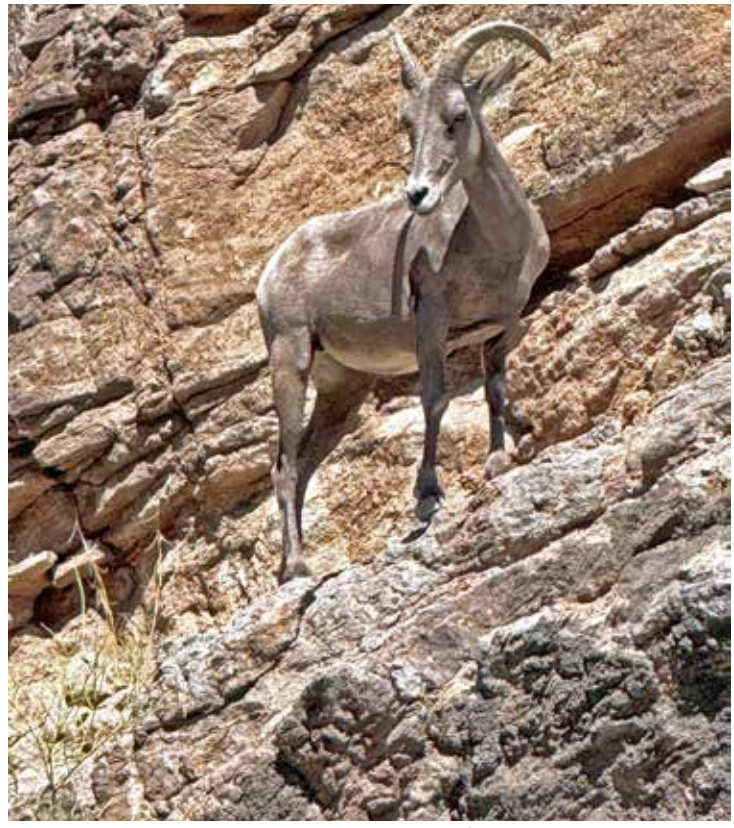
PHOTOGRAPHY FROM AROUND THE AREA

We want to highlight **YOUR PHOTOS**! Email them to *editor@mansurdesign.com.* *LIMIT 2 PHOTOS PER PERSON.*
Please make sure to label the photos or write in the email, "Photo Caption by Your Name" to ensure proper credit is given

Salt River Mare and the Moon by Maile Alday



A Special Friend by Michelle Appavu



Sheep Leader by Linn Coffey-Lopez

Bobcat Momma and Baby by Sue Roberts

Check out who's here by Beth Lewis

Nap time by Emma Brandt

Salt River Squirrel by Kevin Musgraves

Superstition Night Skies by Tammy Keyes

Still Standing by Karin Hetsler

Special Bloom by Vicki Henderson

Photo by Virginia Love

Roosevelt Lake Bridge By Stephen Gay

Deer in the Golden Hour at Superstition Mountain by Yumi Zeviar

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Quiet summer morning by Christine Sabo

As I reflect on life...by Adam Luff

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10712 E HUMMINGBIRD LANE
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7169 E MARIOLA CT
2B/3BA | 2,323 SQ FT | 2.5CG

8348 S LUCKY SEVEN COURT
4B/3BA | 2,627 SQ FT | 3CG

5610 S PINNACLE LN
2B/2BA | 1,550 SQ FT | 2CG

8132 E SWEET ACACIA DR
3BD/2BA | 1,582 SQ FT | 2 CG

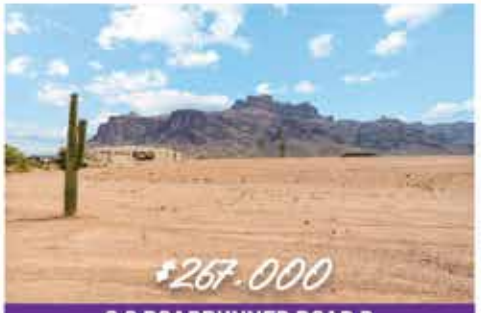
7777 E WHISPERING MESQUITE LN
2B/2BA | 1,793 SQ FT | 2CG

5483 S MOHAVE SAGE DR
4B/3BA | 1,682 SQ FT | 2.5 CG

48443 N DOROTEA WAY
4B/3BA | 1,877 SQ FT | 2CG

9995 E PALERMO AVE
2B/2BA | 1,476 SQ FT | 2CG

5370 S DESERT DAWN DRIVE #42
2B/2BA | 1,319 SQ FT | 2CG



0 S ROADRUNNER ROAD D
1.25 ACRE LOT

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